



Dan Abraham Healthy Living Center

Training Zone: Fitness Floor

| December 2018 | | |
|---|---|--|
| Monday | Tuesday | Wednesday |
| <p>4:45-7:30am Group Training</p> <p>10-11:30am Group Training</p> <p>11:45-2:30pm Powerful Women & Group Training</p> <p>4:45-8:30pm Revive & Thrive, Powerful Men, & Group Training</p> | <p>4:45-6:15am Group Training</p> <p>5:45-8:30pm Group Training</p> | <p>4:45-6:15am Group Training</p> <p>11:45-1:15pm Powerful Women</p> <p>4:45-8:30pm Revive & Thrive, Powerful Men, & Group Training</p> |
| Thursday | Friday | Saturday |
| <p>10:45-12:15pm Group Training</p> <p>1-2:30pm Group Training</p> <p>6:15-7:45pm Group Training</p> | <p>4:45-6:15am Boot Camp</p> <p>8:45-10:15am Group Training</p> <p>10:45-2:30pm Group Training</p> | |

Feel free to use this training zone except during times listed.
Training sessions require registration; inquire at the front desk.

Schedule subject to change



Dan Abraham Healthy Living Center

Training Zone: B

| December 2018 | | | | | | |
|--|--|--|--|---|----------|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 4:45-7:30am Group Training 10-12:30pm Group Training 12:45-2:15pm Group Training 5:15-8:45pm Group Training | 4:45-7:30am Group Training 10:45-12:15pm Group Training 4:15-5:30pm Prenatal 7:15-8:45pm Group Training | 4:45-6:15am Group Training 7-8:30am Group Training 12-1:15pm Prenatal 1-2:30pm Group Training 4:45-7:45pm Group Training | 10-11:30am Group Training 2-3:30pm Group Training 3:45-5:15pm Group Training 6:15-7:30pm Prenatal | 6-7:30am Group Training 11-1:30pm Prenatal & Group Training | | |

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Schedule subject to change



Dan Abraham Healthy Living Center

Training Zone: Track C

| December 2018 | | | | | | |
|---------------|--------------------------------------|-----------|----------|--------|----------|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 3 | 4 12:45-2:15pm Group Training | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 12:45-2:15pm Group Training | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

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Schedule subject to change